

Evanston Township High School

Recipe No. 000033 E, POTATO BOWL WITH CHICKEN: ETHS 202

Number of Portions: 1

Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	404	kcal	Cholesterol	*38.66*	mg	Protein	16.35	g	Calcium	*33.28*	mg	43.69%	Calories from Total Fat
Total Fat	19.61	g	Sodium	1378.04	mg	Vitamin A	*N/A*	RE	Iron	*1.52*	mg	8.96%	Calories from Sat Fat
Saturated Fat	4.02	g	Carbohydrate	40.49	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	*0.51%*	Calories from Trans Fat
Trans Fat ¹	*0.23*	g	Dietary Fiber	*3.28*	g	Vitamin C	*4.55*	mg	Ash ¹	*N/A*	g	40.08%	Calories from Carbohydrates
												16.19%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Evanston Township High School

Recipe No. 000128 E, POTATO WITH GRAVY: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	108	kcal	Cholesterol	*N/A*	mg	Protein	2.75	g	Calcium	*7.64*	mg	14.69%	Calories from Total Fat
Total Fat	1.76	g	Sodium	1043.48	mg	Vitamin A	*N/A*	RE	Iron	*0.14*	mg	*0.63%*	Calories from Sat Fat
Saturated Fat	*0.08*	g	Carbohydrate	19.46	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	*1.91%*	Calories from Trans Fat
Trans Fat ¹	*0.23*	g	Dietary Fiber	*0.99*	g	Vitamin C	*2.75*	mg	Ash ¹	*N/A*	g	72.03%	Calories from Carbohydrates
												10.17%	Calories from Protein

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